

DO WE EAT TOO MUCH?

A Comparative Study of the Question of Nourishment.

From the London Standard.

The amount of nourishment which a person needs greatly depends on his constitution, state of health, habits and work. A sedentary man requires less than one whose duties demand the exercise of his muscles, and a brain-worker needs more than an idler. But unquestionably the majority of us take more than we need. Indeed, food and work are distributed most unequally. The man of leisure is also the man of means, and, accordingly, fares sumptuously every day; while the laborer toils for eight hours and finds it difficult to get enough to repair the waste of his tissues. Yet a Chinaman or a Bengalee will toil under a tropical sun and find a few pice worth of rice or jowar sufficient to sustain his strength. A Frenchman will not eat half what an Englishman engaged in the same work will demand, and a Spanish laborer, content in ordinary times with a watermelon and a bit of black bread, will toil in the vineyards and grow fat on a dietary of onion porridge and grapes. It is true that Mr. Brassy, when building the continental railways, found that one English navy was worth a couple of spare-fed foreigners. But, on the other hand, the British Columbian and California gold-diggers, than whom a more magnificent set of athletes does not exist, live in the remote mountains of the far West mainly on beans flavored with a few cubes of pork. But they also obtain the best of water and the purest air, and their out-door life and active exercise enable them to digest every ounce of their frugal fare. The English soldiers, though better fed than those of any army except the American, do not get one-half the amount of solid nutriment which the idliest of club-loungers considers indispensable for his sustenance. An athlete in training is allowed even less food, yet he prospers on the limited fare and prolongs his life by the regimen which he has been subjected. King Victor Emanuel was a monarch of the most robust physique; yet he only ate one meal per day, and it is manifestly absurd for any man to require three more or less weighty meals and an afternoon cup of tea to support the exertion of walking to the club, riding an hour in the park, writing a note or two, and dancing a couple of miles around a ball-room. The ancients had their "amesthous," or "sober stones," by which they regulated their indulgence at table. The moderns have not even this, but they have their gout and their livers to warn them, when it is too late, that nature has been overtaken.

A Serious Accident Averted By Cool-headed Switchmen.

A St. Louis dispatch of the 27th says: Engine No. 10 of the Union railway and Transit company, was at the top of the eastern bridge approach, which has a grade of ninety-two feet to the mile, and was going toward East St. Louis when the pin connecting the engine and tender jumped from the connecting links. The tender was heavily laden with fuel and water and began a rapid descent down the steep inclined plane, gaining speed every moment. If the switchmen at the end of the approach, which was the end of the line of vision from the engine, were not notified at once the runaway tender might run out to some track already occupied, which would no doubt result in the loss of life and property. The O. & M. passenger train was entering the yards at the time, and had the tender struck this a fearful loss of life would have been the result. The whistle of engine No. 10 was pulled wide open to warn the yard men of danger. The Vandalia and O. & M. engines took up the warning sound. In a few seconds every locomotive whistle in the vicinity was shrieking. Locomotive bells and fire bells were also rung, making a deafening noise. The tender, which seemed to be running with a full head of steam, dashed down the approach and by the relay depot at the rate of forty miles an hour. The yard men quickly took in the situation, and before the tender reached the approach entrance, they, by lively switch throwing, had made clear the track, and it dashed down to a point near the stock yards, a distance of a mile and a half, when it was boarded by a railroad man, who set the brake in time to prevent a collision. Quick, cool work by the yard men in throwing switches averted a collision, and is deserving of the highest credit.

Gen. Burnside owns a fifty acre farm at Bristol, R. I., and is voted a success as an agriculturalist by his neighbors and visitors, with whom he is very popular.

A Wise Reform.

The habit of administering quinine in powerful doses, as an antidote to malarial malarial, was once dangerously common. Happily this practice has undergone a wide reform. Not only the public, but professional men have adopted, not wholly, of course, but largely, Hostetter's Stomach Bitters as a safe botanic substitute for the pernicious alkaloid. The consequences of this change are most important. Now fever and ague sufferers are cured—formerly their complaints were only for the time relieved, or half cured—the remedy eventually failing to produce any appreciable effect, except the doses were increased. A course of the Bitters, persistently followed, breaks up the worst attacks and prevents their return. The evidence in favor of this sterling specific and household medicine is of no ambiguous character, but positive and satisfactory, and the sources whence it proceeds are very numerous.

Kansas City Exposition.

The Kansas City Exposition and Industrial Fair has come to be known throughout the country as one of the most successful as well as one of the most important affairs of the kind ever inaugurated. The meetings hitherto have attracted the leading manufacturers, agriculturalists and horsemen from every part of the land and the promises of this year are more flattering than ever before known. The preparations are on a grander scale than in years past and there seems to be no doubt that the enterprise and industry of the management will be duly rewarded.

Among the new features this year will be a large new building for the exclusive use of Kansas exhibitors. This will be known as the "Kansas Department," and it will be sure to be made one of the chief attractions of the Exposition, by that wonderful young state.

Ague Conqueror Will Cure.

There is no disease or affliction more easily cured than the ordinary Fever and Ague of this country, and yet it is one of the most dreaded. In fact, in some persons, Fever and Ague, Intermittent, Remitting, and kindred Fevers, if continued, bring on other diseases which eventually prove very difficult to cure, and sometimes result in death. The Ague Conqueror, although a vegetable preparation, containing no poison, has never failed to cure any case of Ague within our knowledge, and the chills do not return during that season. Price 50 cents and \$1.00 per bottle. To make a permanent cure of a difficult case it will require a \$1.00 bottle to cleanse the system and leave the liver and other organs in a healthy condition so that the chills will not return. Sold by all druggists and dealers every where.

"Secrets of The Whisky Ring."

Gen. John McDonald's great work sells faster than any book ever published. As applications are coming in from all quarters, and territory is fast being taken up, send at once for prospectus, enclosing 75 cents, naming FIRST, SECOND and THIRD choice of territory; also "Life of Garfield and Arthur," latest and most reliable. In order to be first in the field other publishers have thus carelessly omitted much valuable information. Price of prospectus 75 cents. Call on or address D. L. SULLIVAN, 1202 Main street, Kansas City, Mo.

Decidedly The Best.

The "Times," New Brunswick, N. J., is the Journal from which the following is cut: "When among parties who are familiar with the subject, the question is asked: 'Which are the best remedies known for kidney and liver complaints, for bilious disorders, for malarial fever, for headaches, neuralgia and kindred ailments?' the result is an unanimous verdict in favor of Warner's Safe Kidney and Liver Cure, Warner's Safe Bitters, and Warner's Safe Pills."

How to get Sick.

Expose yourself day and night, eat too much without exercise; work to hard without rest; doctor all the time; take all the vile nostrums advertised; and then you will want to know

HOW TO GET WELL.

Which is answered in three words—Take Hop Bitters! See other column.—Express

The Best in the World.

Dr. J. Kramers' German Eye Salve is a positive cure for weak and diseased eyes. Safe and reliable. Never fails to cure, and no remedy is so immediate in its effects. Should your druggist not have it, on receipt of 25 cents, (or postage stamps) we will send you a box free of expense. B. N. Smith & Co., Proprietors, Dayton, Ohio.

Club-Foot Cured without the Knife.

Mr. Daniels, a well to do farmer near Wamego, Kas., a few weeks ago placed his youngest son, Lance, who was born with club-foot, under the treatment of Drs. Dickerson & Stark, the Surgeons of the Kansas City Surgical Institute. His foot is already very much improved.

The Reason Why.

The tonic effect of Kidney-Wort is produced by its cleansing and purifying action on the blood. Where there is a gravelly deposit in the urine, or milky, ropy urine from disordered kidneys, it cures without fail.—Independent.

Abigail S. Coles, of Moorestown, Burlington Co., N. J., says: "Eighteen months ago I had Dropsy around the heart. My physicians and friends despaired of my ever getting well. The first bottle of HUNT'S REMEDY gave me great relief. I feel I owe my very existence to HUNT'S REMEDY."

WILHOFF'S Fever and Ague Tonic. The old reliable remedy now sells at one dollar.

The advertisement headed "A Free Gift," to appear next week will interest the afflicted with diseases of the Throat, Nose or Lungs. The gift is an elegant illustrated copy of the book entitled, "Medical Common Sense," by Dr. N. B. WOLFE, of Cincinnati.

If your Liver is out of order, take PRICKLY ASH BITTERS. They act mildly and effect a cure without any annoyance.

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THE GREAT GERMAN BLOOD PURIFIER, CURES DYSPEPSIA,

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Biliousness, Piles, Constipation, Kidney Complaints and Diseases, Weaknesses and Nervous Disorders.

by causing free action of these organs and restoring their power to throw off disease.

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Why tormented with Piles, Constipation?

Why frightened over disordered Kidneys?

Why endure nervous or sick headaches?

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Use KIDNEY WORT and rejoice in health. It is a dry, vegetable compound and One package will make six quarts of Medicine.

Get it of your Druggist, he will order it for you. Price, \$1.00.

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